

Strawberry Kiwi Smoothie

Ingredients

- 1 cup 100 percent apple juice
- 1 cup fat-free strawberry yogurt
- 2 whole kiwifruit, peeled and chopped
- 1 10-ounce package frozen unsweetened strawberries
- 1 teaspoon almond extract

Preparation

1. In blender, place apple juice, yogurt and kiwi. Blend until smooth.
2. Add strawberries and almond extract. Blend again until smooth and thick. Serve immediately.

(Unused portions may be frozen.)



Courtesy Photo by Wallner Photography

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 111

Calories from fat:
Less than 8.9 (8%)

Fat Less than 1g

Saturated Fat 0g

Sodium 32mg

Carbohydrate 26g

Dietary Fiber 3g

Protein 3g

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